



SPORTS REPORT 2021-22



NSO POSTER

The National Sports Organization is **intended by the Government of India to promote the development of athletics and sporting activities of the nation's youth**. It is present in many important institutions of India such as the IITs, medical institutions and IIMs along with all the educational institutions at university and school levels. To promote all round development of all, NSO is a mandatory discipline to start any educational institutions at all levels. In University of Delhi, at the time of admission, all the students have to choose at least one activity among the three viz. NCC, NSO or and NSS to participate in for the duration of course of study.

National Sports Organization is a compulsory element, a nationwide movement to instil physical awareness amongst the youth. The NSO JDMC introduced in 1959 at the time of its inception, presently has a vast sports center that houses the office of the Department of Physical Education and sports grounds.

NSO JDMC MOTTO - NSO JDMC is committed to promote holistic well-being, inculcate a general health and fitness culture among the college students & strive for excellence in sports.

The college NSO unit includes and maintains all the sports fields, which comprises of a Football cum Hockey field, an Athletic field consisting of 200 m track and field events, a Basketball court, a Handball, a Netball, two Volleyball courts, a table tennis table and Yog in indoor space in Physical Education Department room. The center also has girls changing room with shower room and toilets. The department room has Carrom, Chess boards, Badminton equipments and Indoor Gym with accessories and other fitness equipments for the students to train, play and practice. NSO JDMC center consists of around 600 students in all the 3 years and is responsible for organizing the sports day, sports festival week under which inter departmental, intra mural competitions in various sports & games, athletic events, fun races are organized for all students, teaching, non-teaching staff in the college every year. It also conducts regular mass participation activities for display in which about 50 to 100 or more students are encouraged to take part. The department of Physical Education conducts sessions for NSO students in sporting like Yoga, self-defense through martial arts like Taekwondo, Karate and fitness dance such as Zumba, Aerobics etc. to encourage mass participation in physical activities for promoting health and wellness. Annual sports festival is also organized every year for all students and teaching and non-teaching staff of the college to inculcate a sense of bonding, togetherness promoting overall well-being among all through various activities like Inter departmental march past competition for students, intramurals competitions in various games like Athletics, Basketball, Volleyball, Handball, and Football etc.as well as Basketball, Cricket, Throw-ball matches between staff vs. students and teaching vs. non-teaching staff. Various displays in Aerobics, self-defense, Yog and dance are also organized on the final day to culminate weeks of sporting activities as Annual Sports Day that also witnesses the awards to outstanding achievers in sports at international, national, inter –university, university and state level competitions

NSO Activities



JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION



presents

Yog for Unity and Wellness - Preventive Healthcare

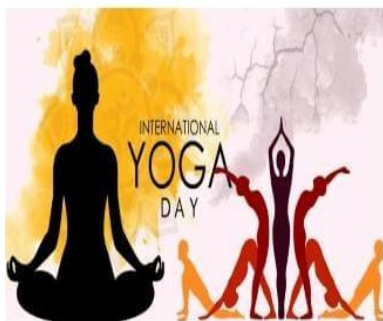
7th INTERNATIONAL YOG DAY

Resource Persons



Acharaya Dev Choudhary Divya Choudhary

June 21, 2021 at 10.30 am to 12.00 noon



Coordinator

Dr. Abha Jain (TIC, Physical Education)

Co- Coordinator

Mr. Santosh Kr. Giri (Dept. Of Phy. Edu.)



Staff Advisors -

Dr. Anupama Rajput (Dept. of Commerce)
Ms. Debahuti Brahmachari (Dept. of Pol. Sc.)
Ms. Shilpa Maggo (Dept. of Commerce)
Dr. Md. Khurshid Alam (Dept. of History)

Prof. Swati Pal
Principal

7th International Yog Day Celebrations on 21st June 2021



**JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION
VALEDICTORY CEREMONY**

***Yog for Preventive Healthcare –
Stress and Anxiety Management During Covid Times***
ONE MONTH WORKSHOP ON YOG

**June 21, 2021
AT 5.30 PM TO 6.30 PM**

Resource Persons

Acharya Divya Choudhary



Coordinator

Dr. Abha Jain
(TIC, Dept. of Physical Education)
Co-Coordinator
Santosh . Giri (Dept. Of Phy. Edu.)

IQAC Coordinator

Dr. Shilpa Chaudhary (Dept. of Economics)

Prof. Swati Pal
Principal

One Month Yog Workshop on Preventive Healthcare- Yog for Anxiety and Stress Management during Covid Pandemic

YouTube IN Search

One Month Workshop on Yog

28 watching now • Started streaming 73 minutes ago

18 0 SHARE SAVE

Top chat

- ramvinodsingh gaur कपालभाती क्रिया के अभ्यास से पेट विकार भी दूर होते हैं।
- Devender Singh Raja very informative
- Mukesh kumar Goyal Informative session
- Mukesh kumar Goyal Excellent performance
- Yugal kishor Dubey very nice and informative
- Girjan Khute girjan khute
- shradha shandil how to lose fat at thigh region
- Neeraj Bajaj Neeraj Bajaj Diet KKD
- Asra Khursheed good evening

Welcome to live chat! Remember to guard your privacy and abide by our community guidelines.
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Janki Devi Memorial college

The resource person Acharya Divya Chaudhary taking the class online platform Zoom

10	1 June (Tuesday)	https://www.youtube.com/watch?v=BLKw67biDWo	Reducing Abdominal Fat
Day	Date	Link	Topics covered
11	2 June	http://www.youtube.com/watch?v=Tb03b2tPHM4	Vertigo
12	3rd June (Thursday)	https://www.youtube.com/watch?v=mwNozIBb-Yg	Removing Stiffness
13.	5th June (Saturday)	https://youtu.be/21l1Qnp7Wsl	Acidity
14	6th June (Sunday)	https://www.youtube.com/watch?v=x2_55qY0rM4	Constipation
15.	8th June (Tuesday)	https://www.youtube.com/watch?v=vtwH0gUKBio	Asthma
16.	9th June (Wednesday)	https://www.youtube.com/watch?v=GTGJcB4DNDA	Insomnia
17.	10th June (Thursday)	http://www.youtube.com/watch?v=IX6nE1T0sKE	Anxiety, stress management-
18.	11th June (Friday)	https://www.youtube.com/watch?v=IX6nE1T0sKE	Sciatica Pain
19.	12th June (Saturday)	https://www.youtube.com/watch?v=WUBEjNfT-ug	Arthritis
20.	13th June (Sunday)	https://www.youtube.com/watch?v=85h9Q172Hzw	Anemia

Day	Date	Link	Topics covered
21.	15th June (Tuesday)	https://www.youtube.com/watch?v=9dTUwRIf-aM	Acne and Pimples
22.	16th June (Wednesday)	https://www.youtube.com/watch?v=E78Q3rD_LPw	Asanas for daily Practice
23.	17th June (Thursday)	https://www.youtube.com/watch?v=3SUP_LiUyqQ	PCOD problem
24.	18th June (Friday)	https://www.youtube.com/watch?v=Xp2P1-1d8Vs	How to Switch from one aasana to another.
25.	19th June (Saturday)	https://www.youtube.com/watch?v=ix5KQpdW_-g	Relaxing Techniques
26.	20th June (Sunday)		Relaxation and mantra chanting
27.	21st June (Monday)	Valedictory Session	Feedback and suggestions

YOUTUBE LINKS (YOG WORKSHOP)



Lakshmi Verma and Shalini Rai in Delhi Team for Senior Nationals
Football Championship in Kerala



Lakshmi Verma and Shalini Rai in Delhi Team for Senior Nationals
Football Championship in Kerala Dec. 2021



Lakshmi Verma in Delhi team for match line up



Delhi Hockey Team in Jharkhand Junior Nationals Hockey Championship



Delhi Team in Junior Nationals Hockey Championship in Jharhand



Namaswi Priyani – secured Senior Bihar State Badminton Championship

MAHAR STATE JUNIOR BADMINTON CHAMPIONSHIP 2021 (Under 19 yrs B/G)

Organized By : Gaya District Badminton Association (Gaya)



**Namaswi Priyani – secured Junior Bihar State Badminton
Championship**



Manju with Delhi state Hockey -team trophies



Dr. Abha Jain - Scuba Diving under the sea

Department Activities-

As per the college policy to promote women in sports and encourage participation, we organize various activities to involve and motivate women in sporting activities at various levels. Training classes for NSO students in activities like Yoga, Aerobics and taekwondo are conducted throughout the year. The Department of Physical Education organized a national webinar on Yog celebrating the 6th International Yog day and 30 days' *add on course cum workshop* addressing various physical and mental health issues arising due to COVID 19 pandemic through the practice of Yog online. The department successfully organized a one month workshop and adds on course on Yog entitled, **Preventive Healthcare –**

Yog for Anxiety and Stress Management during COVID Pandemic from May 21 to June 21, 2021. The successful participants completing the course totaling 534 included professionals, retired people, housewives, men, women and students from all streams of life and spread all over the country. The department of Physical Education under the direction of Dr. Abha Jain and Dr. Santosh Kumar Giri and in collaboration with IQAC, JDMC coordinator Dr. Shilpa Chaudhary, organized a month long workshop cum add on course on Yog entitled, Yog for Anxiety and Stress Management during COVID pandemic from May 21 to June 21, 2021 on Zoom platform in the evening from 5.30 pm to 6.30 pm. Acharya Divya Choudhary was the resource person for the entire course

The one month long workshop covered topics from “anxiety and stress management, Hypertension, medical conditions like PCOS/PCOD, heart patients, hypo and hyper Thyroidism, Vertigo, Migraine, High and Low Blood Pressure Management, lifestyle diseases like obesity, diabetes, back pain, hair fall, Constipation, acidity, etc. to improve general fitness among the sedentary population. Each session was streamed live on You tube channel to facilitate maximum participation and encourage practice at one’s own convenience. The participants interacted with the expert daily to discuss their acute or chronic physical and mental health issues arising due to pandemic or otherwise. Each session in 30 days workshop covered a particular acute or chronic health issues or lifestyle diseases and the treatment and curative asanas and kriyas were explained and practiced accordingly. The course was successfully completed by 532 participants that included 213 Faculty members, 225 students, 19 non-teaching staff members, 8 retired faculty members and 67 others from all over India.

The add on Course on Yog for 1 month was successfully completed by 30 participants that included multiple choice questions based on the content taught in the workshop. The grading was done to evaluate their understanding and concept of yog practice in daily life.

7th International Yog Day- The department of Physical Education in collaboration with the staff advisors of Janki Devi Memorial College conducted an online webinar on the theme, **Yog for Unity and Wellness – Preventive Healthcare** a lecture cum demonstration Yog session to celebrate *7th International Yog Day* on Zoom from 10.30 am to 12.30 pm on June 21, 2021. The invited resources persons for the session were **Acharya Dev Chaudhary** and **Acharya Divya Chaudhary**, New Delhi.

The programme began with the welcome note by Ms. Debahuti Brahmachari, welcoming all the guests and participants. Prof. Swati Pal addressed the audience by highlighting the need for the Yog in present times and expressed hope that this session would prove beneficial to all the participants. After the introductions of the resources persons by Dr. Anupama Rajput, the programme began by Acharya Dev Chaudhary with the inauguration prayer and the yog routine. He explained each asana and pranayama Kriya with its benefits and contraindications, while Acharya Divya performed for the participants, who performed simultaneously. He then explained the philosophy of Yog and its importance and benefits in daily life, specifically with reference to the present tough and challenging times of COVID -19. Ms Shilpa Maggo then took the queries from the participants and Acharya Dev Choudhary answered. The programme

finished with vote of thanks by Dr. Abha Jain, reiterating the need to adopt yog on a daily basis to ensure a healthy and productive living under any circumstances. She thanked all the guests and participants for joining the 7th *international Yog Day celebrations*, which was attended by nearly 619 participants that included teaching & non teaching staff, students of JDM College as well as colleges of University of Delhi and outside Delhi. National anthem was played to formally conclude the celebrations.

The department under the charge of Dr. Abha Jain is beginning an add on course on ***First Aid and Safety Measures Training*** course in collaboration with *Alfalah School of Medical Sciences and Research Centre* for students of Janki Devi Memorial College from February 2022 onwards

NSO Achievers at National Tournament-

Lakshmi Verma (B. A. Prog. 2nd year, 915) and Shalini Rai of B. A. Prog. 3rd year represented Delhi in Senior National Football Championship held in Kerala from Nov 22 to Dec. 9, 2021.

Sonu (B. A. Prog. 2nd year, 1526) represented Delhi in National Women's League Championship in Hockey from Dec.15 to 21, 2021 at Major Dhyan Chand National Stadium, New Delhi.

Vidhi Bamni, Sana, Manju, Deeksha, Divya and Sonu, represented Delhi in Junior National Hockey Championship held in Jharkhand from October 20 to 29, 2021

Nancy (B. A. English Hons. 1st year, Roll no. 1578) secured first position in National Yogasan Sports Championship held on Dec 18 &19, 2021 in Delhi.

Rachna Rana (B. A. Prog., 1st year,. Roll No 1726) representing Delhi secured 2nd position in 15th Floorball National Championships held in December 26-28, 2021 in Sikar, Rajasthan.

NSO Achievers at State Tournaments-

Namaswi Priyani B. A. Sociology Hons., 2nd year, 1154) annexed first position in senior women category in Bihar State Badminton championship that concluded on Oct 7, 2021 in Samastipur, Bihar.

Manasvi has also become the Bihar Junior (Under 19) State Champion on November 17, 2021 in Gaya, Bihar.

Manju (B. A. Hindi Hons.. 1st year, 1725) representing Khera Kalan team in Delhi State 2021 secured 1st position in Junior Delhi State Hockey Tournament and secured 2nd position in Senior State Hockey Championship representing Mukhmelpur. The championship was held in Major Dhyanchand National Stadium Delhi.

Sana Ahmad (B. A. Prog. 1st year, 1724) representing Rani Khera team secured 2nd position in Junior Delhi state Hockey championship 2021 and 3rd position in Senior State Hockey Championship held at Major Dhyanchand National Stadium.

Divya Tiwari - B. A. Political Science Hons., 1st year, Roll no. 1709) representing Rani Khara team secured 2nd position in Junior Delhi state Hockey championship 2021 and 3rd position in Senior State Hockey Championship held at Major Dhyan Chand National Stadium.

10 players representing various clubs played in 2nd Delhi State women's Football League held in Dec 2021. The premier league involving top 6 clubs of Delhi, will begin, once the covid pandemic situation is brought under control.

FACULTY ACHIEVEMENTS -

Dr. Abha Jain successfully completed an ***Introductory Basic Scuba Diving Course and Discover Scuba Diving*** conducted under Professional Association of Diving Instructors, PADI on Dec 30 and 28, 2021 respectively in Andaman and Nicobar Islands.

She has successfully completed various HDOR global virtual events with Gold Medals in all events –

- 1) Annual distance (10 km and 20km rides for more than 200 times in a year),
- 2) Destination Rides - Kargil to Kanyakumari & Ride the Himalayas rides
- 3) Freedom run & ride events from Aug 15 to 21, 2021 (3 km and 5 km run, 10 km, 20km, 50 km -freedom week) with podium finish.

Dr. Jain has been nominated as Co-Convener, Women's Committee, Football Delhi 2021 and member, Selection Committee, Delhi Senior Women's Team for the National Football Championship Trophy.

She also completed a 3 day workshop in "Karma Yoga" organised by Department of Physical Education and IQAC, Deshbandhu College from Oct. 18-20, 2021.

Attended the International Conference organised by Department of Philosophy from Aug. 28 & 29, 2021

Attended a webinar organized by AVANI, The Environment Club of Janki Devi Memorial College on "How to live a Zero Waste Life", to celebrate the International Day of Climate Action on October 23, 2021.

Attended the webinar on "BALANCING THE INNER AND THE OUTER" by Sri M organized by the Centre for Universal Values and Ethics and the Internal Quality Assurance Cell (IQAC), Janki Devi Memorial College in Sep 9, 2021.